



Native American Health Center
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Generation Seven

The Generation Seven project is an early Substance Abuse intervention model based on motivational enhancement therapy and cognitive behavior theory. Motivational enhancement therapy is a systematic intervention approach for evoking change. It is based on the principles of motivational psychology and is designed to incite rapid, internally motivated change. This treatment strategy does not attempt to guide or train the client step by step through recovery, but instead employs motivational strategies to mobilize the client's own change resources. It may be delivered as an intervention in itself or may be used as a prelude to further treatment.

The M.E.T. approach begins with the assumption that the responsibility and capability for change lie within the client. The therapist's task is to create a set of conditions that will enhance the client's own motivation for and the commitment to change. Rather than relying upon therapy sessions as the primary locus of change, the therapist seeks to mobilize the client's inner resources, as well as those inherent in the client's natural helping relationships. The Generation Seven project is designed to educate, build on strengths, develop resiliency, enhance social support networks, develop coping skills, and help youth abstain from cannabis abuse.

- Generation seven will be offered to any youth who wishes to address their substance abuse issues and is willing to educate themselves on healthy coping skills, social skills, and alternative choices.
- Our target population is youth aged 12-21, residing in Alameda County, who regularly use marijuana and other drugs.
- After an assessment of individual needs, youth will enter the Native American System of Care, and can access a wide spectrum of services, such as medical, dental, nutrition and fitness, sensitive services, youth services, etc. (to view services offered, please refer to our website: www.nativehealth.org).
- Upon completion of the Generation Seven program, up to one year of case management services will be provided to continue to offer support, care, guidance, and alternative choices to substance abuse. Case management will focus on academic support, job skill building, and developing and supporting healthy lifestyles.

All Generation Seven services will be offered at no cost to the family or the individual. This program is open to people of all ethnicities. We are excited about assisting communities in need with this comprehensive approach to care and welcome all participants. For further information, or to set appointment please contact:

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Generation 7 Treatment Outline

The MET/CBT treatment consists of two motivational enhancement therapy (MET) sessions, followed by three group cognitive behavioral therapy (CBT) sessions. The two initial individual MET sessions are primarily intended to enhance adolescent's motivation to address their substance use, introduction to functional analysis and the concept of triggers, and prepare the client for the group. The purpose of the three group sessions is to assist clients in the development of skills useful for stopping or reducing substance use. The CBT sessions focus on the following skills:

- Learning basic skills for refusing offers of substance use
- Developing a plan for drug free activities
- Establishing a social network that will support recovery
- Coping with high risk situations
- Recovering from a relapse, should one occur

<u>Session</u>	<u>Modality</u>	<u>Time</u>	<u>Primary approach</u>	<u>Topics</u>
Session 1	Individual	60 min.	MET	Rapport and motivation building Review of personalized feedback report
Session 2	Individual	60 min.	MET	Goal setting Introduction to functional analysis Preparation for group sessions
Session 3	Group	75 min.	CBT	Refusal skills, with role-play and practice exercises
Session 4	Group	75 min.	CBT	Enhancing social support network Increasing healthy activities
Session 5	Group	75 min.	CBT	Coping with unanticipated high risk Situations and relapses

Completion of the MET/CBT substance abuse treatment group will take approximately 5-8 weeks. A global assessment of individual needs will be provided on intake. The client will be introduced to the Native American Health Center's system of care, refer to website for overview (www.nativehealth.org). Case management services will be provided upon completion of Generation Seven Program.